



## Theory and practice of basic Judo skills (not only) for kata

It is essential to keep in mind that the purpose of *kata* is improving one's Judo in theory and practice. Some basic skills are indispensable for good Judo independent of *kata* or *randori*.

For this reason, some videos are provided here with explanations of these basics and ideas for practice. Students must realize that there is always a logic, a "why", behind everything practiced in Nage no Kata. Teachers need to be creative and flexible in their teaching styles to develop ideas on how to transfer understanding of scripted situations (*kata*) to unscripted situations (application in *randori* and *shiai*).

One of the most important educational goals for beginners is learning how to cooperate with a partner in Judo practice. This is a general habit that has to be developed throughout a student's Judo education! *Kata* training is considered to be a perfect tool to achieve this.

**Special attention, therefore, has to be paid to Uke's role. Uke is responsible for creating the initial situation ("attack"), provides proper resistance and modulates the "storyboard" or the "script" of the *kata*. This is not only of practical relevance, but also an important part of the student's moral education, especially in developing empathy and respect between partners.**